



Post Treatment Care Instructions

Please review the care instructions regarding the procedure(s) your child received today.

****PLEASE NOTE****

*If your child had an extraction (tooth removed) today, the instructions regarding “**Oral Hygiene**” and “**Discomfort**” are slightly different than other procedures and are found under the “**Extractions**” section.*

Overall

We want your child to have the best dental experience possible. Some fussiness is very normal and may be a normal reaction for your child. Your child may respond best with praise and distraction following the dental appointment.

Oral Hygiene

Please start brushing this evening. Use of toothpaste is not necessary and may burn slightly today. A soft toothbrush with warm water works well. Resume normal flossing tomorrow to allow initial gingival healing.

Discomfort

If your child complains of discomfort after the dental appointment, please give your child Tylenol (Acetaminophen) or Advil (Ibuprofen) by weight recommendations and following manufacturer’s instructions. Ibuprofen may upset an empty stomach. It may take up to an hour for discomfort to be alleviated after taking the medication. Rinsing with warm salt water (starting the day after the procedure) may help decrease gingival irritation along with normal brushing and flossing. If discomfort persists, please call our office.

Local Anesthesia

Your child has been given a cotton roll or rolled-up cotton gauze to bite on to help prevent injury. You may replace the cotton roll/gauze as needed, but we ask that you make sure the cotton roll is partially hanging out of your child’s mouth, so you know where it is at all times (to prevent swallowing or aspiration). As the numbness wears off, your child will experience a tingling sensation in the area. Youngsters generally do not like the feeling of anesthesia and often tell parents it hurts, but they do not know any other way to describe the ballooning, tingling feeling.

Please observe your child carefully and discourage touching, sucking, or chewing of the numb areas. Only very soft foods and liquids are recommended if your child is hungry. Please avoid anything hard, sticky, or crunchy. These activities can cause severe damage to the lips or tongue. If your child injures a numb area, apply ice for 15 minutes on, 15 minutes off for one hour, 3 times a day and clean the wound with a product such as Glyoxide or Peroxyl 4-5 times a day for 3 days. If the wound does not begin to heal in 1 week, please call our office.

Laser for treatment

If your child had treatment with the laser and no local anesthesia, then their tooth may feel numb for 10-15 minutes. If they did not receive any local anesthesia, they will not experience any cheek or lip numbness.

New Restorations

If your child has received fillings or crowns, you can USUALLY expect numb lips. Occasionally, children have gum sensitivity or redness after fillings or crowns are placed. Slight bleeding around at the gum line is normal for the first 1-5 days. Do not let this alarm you or stop you from brushing thoroughly (including at the gum line). Your child’s teeth and gums will only heal nicely if the area is kept clean. Gently massaging the gum tissue (10 seconds) around new crowns with a clean, soft cloth or gauze will also help to stimulate healing.

Nerve Treatment/Pulpotomy

If your child has had a nerve treatment, please review the instructions for “Discomfort”. Usually children are more comfortable after nerve treatments than adults.

ICON

If your child had ICON cosmetic treatment done today and is experiencing irritated gums, we recommend soft brushing, regular flossing, warm salt-water rinse, and soft foods for a few days will help to resolve symptoms. For at least 24 hours after treatment, refrain from any foods or beverages that may stain teeth such as tomato sauces, mustard, soy, coffee, soda, tea, artificial colored foods/drinks. Additional treatments may be required in the future.

Surgical Procedures

If your child had a surgical procedure done today, swelling may occur in the area. An ice pack can be placed on the outside of their mouth (not directly on the incision). For children over 3 years of age, apply Vitamin E to the area 3 times a day for the next 5 days by gently rubbing a small amount on the area with a q-tip or clean finger. Avoid acidic foods and vinegar for the next 3 days such as orange juice, tomato sauce, and citrus. A soft diet is recommended for the next 2-3 days such as mashed potatoes, rice, pasta, applesauce, eggs, bread, cooked vegetables, soft fruit, oatmeal, yogurt, scrambled eggs, and tender meats.

Frenectomy

If your child had a frenectomy done today, please review the instructions for “**Discomfort**” and “**Surgical Procedures**”. Start exercises to prevent reattachment of the frenum and have your child do them 2 times a day for 4 weeks:

- Lingual frenectomies – lift the tongue up from the sides to the full extension with mild to moderate force. Have your child also put their tongue to the roof of their mouth. Also have them stick their tongue out all the way and make clicking noises.
- Upper labial frenectomies – lift the upper lip to full extension with mild to moderate force towards their nose.
- Lower labial frenectomies – roll lower lip down and gently pull out with mild to moderate force.

Biopsy

If your child has had a lesion biopsied (removed) today, it will be sent to a pathologist for microscopic evaluation. Please review the instructions for “Discomfort” and “Surgical Procedures”. We will contact you with the pathology report results.

Extractions

If your child had extractions (teeth removed) today, please follow these instructions specifically.

Control of Bleeding

Your child has been given gauze to bite down on to control any bleeding following treatment. It is very important for the gauze to stay on the extraction site with your child actively biting down on the gauze for 15 to 20 minutes. Replace the gauze with another clean damp piece as needed. If gauze is not available, a teabag is a sufficient substitute. Slight oozing and staining of saliva is normal and can be expected throughout the day. If HEAVY bleeding occurs, please contact our office. You may choose to have your child sleep on an old pillowcase or put a towel inside their pillowcase.

Oral Hygiene

Rinsing and spitting should be avoided for 24 hours. After 24 hours, rinse very gently with warm salt water (1/2 tsp salt per cup water) after meals. Brushing should be done without toothpaste for 24 hours and also avoiding the extraction site. Brushing and flossing should be resumed as normal after 24 hours.

Diet

Restrict diet to liquids only for the first 4 hours, then soft foods for the remainder of the day. After 24 hours, solids may be eaten (if your child can tolerate them). Avoid carbonated drinks and drinking through straws for the first 24 – 48 hours (this can cause dislodgement of the blood clot).

Discomfort

If your child complains of discomfort, please give your child Tylenol (Acetaminophen) following weight recommendations and manufacturer’s instructions for 12 hours following the appointment. Ibuprofen may be given after 12 hours. DO NOT give aspirin. Please call the office if discomfort continues for more than 48 hours.

Our goal is to give you and your family the best dental experience possible.

If you have any concerns, please contact us at: 713-436-4080